

# **COMPOUNDS FOR THE NORMALIZATION OF THE SLEEP/WAKE CYCLE**

## **ABSTRACT OF THE DISCLOSURE**

The invention provides methods for normalizing the sleep/wake cycle of a mammal by administering a therapeutically-effective amount of a cytosine-containing or cytidine-containing compound, uridine-containing compound, creatine-containing compound, adenosine-containing, or adenosine-elevating compound. As such the methods described herein may increase wakefulness, reduce tiredness or fatigue during the day, and improve sleep quality. The methods of the invention may also be used in the treatment of sleep disorders, such as insomnia, sleep apnea, periodic limb movements, restless leg syndrome, narcolepsy, and problem sleepiness, or for increasing cognitive function in sleep deprived individuals. Citicoline is an exemplary compound for use in the methods described herein.

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